

## Learn the Signs. Act Early.

**T**he journey of your child's early years includes many developmental milestones for how he or she plays, learns, speaks, and acts.

Look inside to learn what to look for in your child. Talk with your child's doctor about these milestones.

Not reaching these milestones, or reaching them much later than other children, could be a sign of a developmental delay.

**YOU KNOW YOUR CHILD BEST**. If you are concerned about your child's development, talk to the doctor. If you have concerns about your child's development here is who you can call for further support:

**REGIONAL CENTERS** State of California Agencies serving individuals with developmental disabilities

**Regional Center of Orange County (RCOC) - East, Central, North Area**  
714.796.5100 Intake, 800.244.3177 General  
[www.rcocdd.com](http://www.rcocdd.com)

**Regional Center of Orange County (RCOC) - West Area**  
714.796.2900 • [www.rcocdd.com](http://www.rcocdd.com)

**First 5 Orange County**  
Children and Families Commission of Orange County  
714.834.5310 • Email: [Prop10@ocgov.com](mailto:Prop10@ocgov.com)  
[occhildrenandfamilies.com](http://occhildrenandfamilies.com)

**Inclusion Collaborative**  
Orange County Child Care and Development Planning Council  
714.708.4993 • Email: [info@occhildcarecouncil.org](mailto:info@occhildcarecouncil.org)  
[www.occhildcarecouncil.org](http://www.occhildcarecouncil.org)

**Children's Home Society of California - Orange**  
Orange County Child Care Resource and Referral  
714.456.9800 • [www.chs-ca.org/for-providers/resources-and-referrals/](http://www.chs-ca.org/for-providers/resources-and-referrals/)

## FAMILY RESOURCE CENTERS

Parent Training and Information Centers

### Comfort Connection Family Resource Center

Early Start Family Resource Center  
714-558-5400 | 888-FRC-BABY  
[www.rcocdd.com/frc/ccfrc](http://www.rcocdd.com/frc/ccfrc)

### Team of Advocates for Special Kids

Special Education Support and Referrals  
866-828-8275 (toll-free in California) | (714) 533-8275  
[www.taskca.org](http://www.taskca.org)

## EARLY HEAD START/HEAD START

Child Health and Development Services: Family Support and Referrals  
(Early Head Start: pregnant mothers and newborns to age 3; Head Start: age 3-5)

**Anaheim Elementary School District**  
714.517.7500  
[anaheimelementary.org/ece/](http://anaheimelementary.org/ece/)

**City of La Habra**  
562.383.4270  
[www.lahabracal.gov/322/Child-Development](http://www.lahabracal.gov/322/Child-Development)

**Irvine School District Preschool**  
949.936.5883  
[www.iusd.org/ecl/](http://www.iusd.org/ecl/)

**Orange Children & Parents Together**  
714.639.4000 • [www.ocpt.org](http://www.ocpt.org)

**Orange County Head Start**  
714.241.8920  
[www.ochsinc.org](http://www.ochsinc.org)

**Santa Ana Unified School District**  
714.431.7542  
[www.sausd.us/Page/13326](http://www.sausd.us/Page/13326)

**Early Head Start Rancho Santiago Community College District**  
714.480.7546  
[www.rscdd.edu/For-Students/Pages/Child-Care.aspx](http://www.rscdd.edu/For-Students/Pages/Child-Care.aspx)

## SPECIAL EDUCATION LOCAL PLAN AREAS (SELPA)

State of California Department of Education: Special Education Services for students with mental or physical impairments  
<http://www.ocde.us/SPED/Pages/SELPAS.aspx>

**Anaheim City SELPA**  
714.517.7525

**Capistrano SELPA**  
949.234.9281

**Garden Grove SELPA**  
714.663.6233

**Greater Anaheim SELPA**  
714.828.1766

**Irvine SELPA**  
949.936.5234

**Newport-Mesa SELPA**  
714.424.5059

**North Orange County SELPA**  
714.641.5400

**Northeast Orange County SELPA**  
714.996.2550 x652

**Orange SELPA**  
714.628.4065

**Santa Ana SELPA**  
714.558.5551

**South Orange County SELPA** 949.580.3411

**Tustin SELPA**  
714.730.7301 ext. 314

**West Orange County SELPA**  
714.903.7000

# Track Your Child's Developmental Milestones

For parents of children from birth to 5 years



Learn the Signs. Act Early.

Your child's early development is a journey. Use this map of milestones to know what to look for along the way.

This brochure developed and provided by



# Your Child's Early Development is a Journey

Check off the milestones your child has reached and share your child's progress with the doctor at every visit.



Developmental milestones adapted from Caring for Your Baby and Young Child: Birth to Age 5 (AAP, 2009) and Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents (AAP, 2008).

These are just a few of many important milestones to look for. For more complete checklists by age visit [www.cdc.gov/ActEarly](http://www.cdc.gov/ActEarly) or call 1-800-CDC-INFO.